

Desk Stretches

Since sitting is the new smoking, here are some stretches to get you moving even while at your desk. Remember to get up and walk around every 1-2 hours and take micro-breaks by stretching. You will improve your cardiovascular health, posture, muscle stiffness, joint mobility, mood, and productivity!

Hold each stretch for 15-30 seconds, stretch just to the point of slight discomfort and don't overstretch.

Sit and reach stretch: Clasp your arms above your head, sit up straight with your head in a neutral position. Reach upward and also slightly backward if you want more of a stretch.

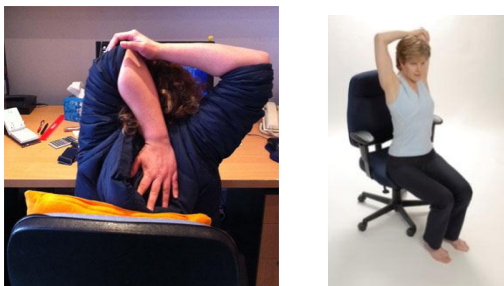


Side reach stretch: In the same position as above, gently reach over to the side and stretch then reach to the other side and stretch.



Or, just reach upward with one arm at a time

Triceps Stretch: Take one arm and gently reach behind and toward the middle of your back. Repeat the stretch on both sides.



Head tilt neck stretch: Gently tilt your head to one side with your ear toward your shoulder. Repeat on the other side and don't pull on your head.



Arms clasp behind: Clasp your hands behind your back and push your chest forward.



Hello World Stretch: Open your arms wide and push your chest forward.



Arm Clasp in Front: Clasp your hands in front of you and push arms forward while tucking your head down and rounding out your upper back.



Side stretch: Sit straight in your chair with one leg crossed over the other and then turn your torso toward the side of the crossed leg keeping your hips forward. Repeat the stretch on the other side.



Pretzel Stretch: This is a joke to see if you are paying attention. DO NOT try this at work, it could be embarrassing!



Hamstring Stretch: Sit toward the edge of your chair and straighten your legs out in front of you. Now lean forward with your chest toward your legs. You may do one leg at a time instead. (Be careful not to fall off your chair, you may want to hold onto the desk)



Gluteus stretch: Sit in your chair and bring one leg up and across the other. Lean forward and feel a stretch in your gluteus and inner thigh muscles. Repeat on the other side.



Standing Quadriceps stretch: Stand behind your chair and hold onto the back. Reach behind you and bring one heel comfortably toward your gluteus.



Desk Stretches - To Improve Posture and Relieve Pain

Aim for once every 1-2 hours



1. Chest Elevation
Sit in a chair with your arms at your sides and your feet flat on the floor. Gently raise your chest toward the ceiling, but don't look up. Keep your chin level with the floor. Hold this position for 10 secs, relax, and repeat 5-10 times.



2. Scapular Retraction
In chest elevation position, place hands on hips and squeeze shoulder blades together, feeling a stretch in your chest. Hold this for 10 secs, relax, and repeat 5-10 times.



3. Chin Tuck
In chest elevation position, with chin level, pull chin, head and neck inward (not down). Hold 10 secs, relax, and repeat 5-10 times.



4. Upper Neck Flex
In chest elevation position, dip your head forward slightly as you were nodding "yes." Feel the stretch in the neck at the base of the head. Hold for 10 secs, relax, and repeat 5-10 times.



5. Scapular Strengthening
Stand upright and clasp your hands behind your head. Flex your elbows back while pinching your shoulder blades together. Hold for 10 secs, relax and repeat 5-10 times.



6. Rhomboid Motion
Stand upright and clasp your hands behind you at the small of your back. Pinch your shoulder blades together, hold for 10 secs, relax and repeat 5-10 times.



7. Corner Chest Stretch
Stand facing the corner of a room. Raise your arms to shoulder height and place your hands, forearms and elbows on each wall. Lean inward to stretch the chest. Hold for 15 secs (until you feel loose.)